

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

Marlborough Senior Center Activities

Jan 22nd, 2018

The Marlborough Senior Center, 17 School Drive, is open Monday through Friday from 8:00 am to 4:30 pm. Please call 860-295-6209 for information regarding senior issues or schedule a van reservation. We are requesting a 36 hour advance notice when making a transportation reservation. Transportation is available only on Monday, Wednesday, Friday.

Monday January 22nd

Transportation 8:00 AM – 4:00 PM

Assistance 10:00 AM – 2:00 PM

Meals on Wheels Noon

**Congregate Meals @ Noon BBQ Pork Ribeye,
Confetti Rice, Broccoli & Cauliflower, Oatnut**

Bread, Apple Sauce

Bingo 1:00 PM

8-Ball Pool 1:00 PM

Exercise w/ Janice 3:15 PM

Tuesday, Jan 23rd

Not Just Quilting 9:00 AM until Noon

Meals on Wheels, Noon

Simple Chair Exercises with Anne 1:45 – 2:45 PM

PD Exercise with Anne 3:00 – 3:45 PM

Weight Watchers 5:00 PM

Wednesday, Jan 24th

Grocery Shopping 8:00 AM :- Noon

Not Just Quilting 9:00 Noon

Transportation Noon – 4:00 PM

Assistance 10:00 AM – 2:00 PM

Meals on Wheels 12:00 – 12:30 PM

**Congregate Meal @ Noon French Onion Soup,
Beef Liver w/Sauteed Onions, Mashed Potatoes,**

Garden Blend Vegetables,

12 Grain Bread, Fresh Banana–

Exercise w/ Janice 1:30 PM

8-Ball Pool 1:00 – 3:00 PM

Thursday, Jan 25th

Assistance 10:00 AM – 2:00 PM

Tai Chi 10:30 – 11:30 AM

Meals on Wheels, Noon

PD Exercise w/ Anne 3:00 – 3:45 -

All Levels Yoga 4:30 PM

Friday , Jan 26th

Transportation 9:00 – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Not Just Quilting 9:00 AM – Noon
Meals on Wheels
Congregate Meal @ Noon Macaroni & Cheese,
Garden Salad w/Cherry Tomatoes, Cucumbers &
Ranch Dressing, Peas, Wheat Dinner Roll,
8-Ball Pool 1:00 PM:

Onions,

Mandarin Oranges

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES
Jan 22nd 2018**

Assistance with State Applications and/or /Re-determinations by appointment. Monday thru Friday - 10:00 AM – 2:00 PM.

Community Café - meals are being served Monday, Wednesday and Friday at the Marlborough Senior Center to people 60 years of age or older, their spouses or special guests. A pre-sign-up is recommended in order to accommodate everyone. Suggested donation is \$2.50. Meals are also delivered to homebound clients through the “Meals on Wheels” Program.

Transportation is offered 3 days each week with a 36-hour advance reservation. The transportation system offers rides to the senior center, shopping, doctor appointments we well as other professional or recreational activities. This service is for any senior or disabled person, however, there are rules and regulations that must be adhered to such as advance notice as to stops other than requested reservation. The driver is required to contact the dispatcher before any additional stops or changes to the schedule are made. There are no exceptions. Transportation is also offered once a month to an area mall or activity of the senior’s choice which has been approved, time permitting. Transportation can only be offered Monday, Wednesday, and Friday. Thank you for your understanding.

In Case of Bad Weather, for Senior Center Closings or late openings, Tune in to WFSB The Early Warning Network or NBC Connecticut’s Weather Center.

